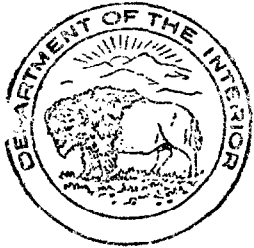


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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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SHAD IS PLENTIFUL PROTEIN FOOD AT LOW PRICE

Although "throw away the plank and eat the fish" is a variation of a trite saying, it is quite appropriate when concerned with one of the most highly-prized food fishes of the Atlantic coast, the shad. With the annual run of shad now in the midst of season, this popular species is available on the markets at prices to please even the most conservative budgets, the Fish and Wildlife Service reported today.

To the homemaker facing high prices on every side, this is welcome news. With a fair run gradually drawing to a close in the Chesapeake Bay area, shad are making their seasonal appearance in the Hudson and other waters to the northward.

Shad, like most migratory fishes, are rather erratic in their seasonal movements and therefore there may be considerable variation in their dates of appearance and in their abundance. Heavy supplies from the many producing areas have brought falling prices and bargains in protein food for consumers. Retail prices as low as 10 cents per pound have been offered in many localities over the past week.

Although the shad is a bony fish, it can be completely boned by an expert in less than three minutes. Proficiency in boning depends on a thorough knowledge of the bone structure and considerable practice in the operation. The complete boning of a shad is accomplished with no more loss of flesh than is left on the plate by the average person consuming unboned shad. Many fishery wholesale establishments and supply houses now prepare boned shad for the retail market and restaurant trade.

The shad has long been regarded as a fine food fish, but the catch has been steadily decreasing during the past forty years. In 1897, the Atlantic coast shad catch amounted to more than 48.5 million pounds. The most recent complete data show a catch of about 14 million pounds. The shad was found by early settlers in seemingly inexhaustible numbers in the fresh-water streams of the Atlantic Seaboard in the spring. Its decline is attributed by Service biologists to such causes as pollution, construction of dams, and overfishing.

The shad enters sounds and bays from the sea and ascends all suitable fresh-water streams to spawn. They spawn very soon after reaching fresh water and then return to the ocean. The spawn hatches in 6 to 10 days; the small fish grow quite rapidly and by the end of the first summer when they migrate to the ocean, average

about 3 inches in length. The young are seldom seen again until they return as adult fish. Shad, like the salmon, return to the stream in which they were hatched but, unlike the salmon, spawn for several successive seasons.

Fish cookery experts of the Fish and Wildlife Service suggest the following tested recipes for cooking shad and shad roe:

PLANKED SHAD--clean, wash, dry shad and sprinkle with salt both inside and out. Brush with melted fat and place on a hot oiled plank or a greased oven glass. Bake in a moderate oven 400° F. for 35 to 45 minutes until fish flakes easily when tested with a fork. Remove from oven and quickly arrange a border of hot mashed potatoes around fish. Place in a preheated broiler until potatoes are slightly browned. Remove and arrange two or more hot vegetables around fish. Garnish and serve immediately on the plank.

BAKED STUFFED SHAD--Clean, wash, dry shad and sprinkle with salt both inside and out. Stuff fish with bread stuffing and close opening with skewers. Place in a greased baking pan and brush with melted fat. Bake in a moderate oven 350° F. for 40 to 60 minutes or until fish flakes easily when tested with a fork. If fish seems dry while baking, baste occasionally with drippings or melted fat. Remove skewers and serve immediately plain or with a sauce.

BAKED STUFFED FILLET--Sprinkle sides of fillet with salt and pepper. Place one fillet in a well greased baking pan and place stuffing on the fish and cover with the remaining fillet. Fasten together, brush with melted fat, and bake in a moderate oven 350° F. for 30 to 40 minutes or until fish flakes easily when tested with a fork. Place on a hot platter, take out fasteners, garnish and serve hot with a sauce.

SCRAMBLED EGGS AND SHAD ROE--Parboil 1/2 pound shad roe by simmering for 15 minutes in 1 pint boiling water to which 1 tablespoon vinegar and salt have been added. Drain and discard the outer tissue-like skin and break up the roe with a fork. Beat 6 eggs slightly and blend in 6 tablespoons of cream or milk, 1/8 teaspoon pepper and 1/2 teaspoon salt and the roe. Melt 2 tablespoons butter and cook the same as scrambled eggs. Serve on a hot platter with buttered toast. Serves 6.

FRIED SHAD ROE--Simmer 1 pound of shad roe for 15 minutes in water to which 2 teaspoons salt and 2 tablespoons vinegar have been added. Drain, beat 1 egg slightly and blend into 1 tablespoon milk or water. Fry 6 slices of bacon until crisp and drain on absorbent paper. Fry the roe at a moderate heat and when brown on one side, turn carefully and brown on the other side. Drain on absorbent paper, garnish with strips of bacon and serve immediately on a hot plate. Serves 6.

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